IF YOU ARE SICK WITH COVID-19 OR THINK YOU MIGHT HAVE IT, FOLLOW THESE STEPS.

CALL
the New River Health District COVID-19 hotline at 540-267-8240 with any questions about symptoms, such as a fever, cough, or trouble breathing.

CALL AHEAD
before going to the doctor.
- CALL the Schiffert Health Center at 540-231-6444 if you are a student.
- CALL the LewisGale Hospital Emergency Department at 540-951-1111.
- CALL your doctor’s office and tell them about your recent travel and symptoms.

SEEK
emergency care for shortness of breath, chest pain/pressure, bluish lips/face.

STAY HOME
except for medical care.

FEELING BETTER?
Follow medical advice before leaving home.

#FlattenTheCurve
Source: CDC, vt.edu/ready
IF YOU ARE SICK WITH COVID-19 OR THINK YOU MIGHT HAVE IT, FOLLOW THESE STEPS.

**WASH**
hands with soap and water for at least 20 seconds, or use hand sanitizer that contains at least 60% alcohol.

**STAY AWAY**
from people and animals.

**CLEAN**
high-touch surfaces daily.

**COVER**
coughs and sneezes.

**DON’T**
share items like dishes or bedding.

**WEAR**
a face covering/mask.